

## Color Your Life

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throat, esophagus, mouth, teeth, and thyroid. It also alleviates headaches or inflammation. Violet influences the pituitary and endocrine systems as well as the immune system. Violet also aids in dealing with lung problems like asthma, bronchitis, pneumonia, diabetes, and arthritis, and enhances the sense of smell. White affects our nervous system and aids in building bones.

Whatever your choice in color, once you embrace the change you may never live with white walls again. Trust in your intuition when your color your life!

*Consy has been practicing feng shui for 5 years in Napa Valley, Las Vegas, and the Puget Sound. She has studied the Four Pillars Chinese Astrology under noted Roger Green of Australia and Compass Feng Shui under author Elliott Tanzer. Consy holds her Washington real estate license with Skyline Properties NW and works with clients interested in energy work when purchasing a new property. She commutes between her two homes located in Snoqualmie Washington and Las Vegas, Nevada. You may reach her through her website at: [www.consymalasma.com](http://www.consymalasma.com).*

## Resentments: Diagnosing and Treating a Spiritual Malady

by Michael Bogar

Resentments are the number one obstacle to spiritual experiences. Without treatment, resentments are to spirituality what the AIDS virus is to the immune system, slowly destroying the infected person.

The Latin *re-sentio* means to think and feel endlessly. The original use of the word referred to a lover who couldn't stop obsessing about his/her beloved, thinking of them incessantly, wondering where they were and what they were doing all day long, staring dreamily at their pic-

tures and reading their letters over and over. Lovers used to say to each other, "I have been resenting you all day long," and it was a compliment! Over the years, this romantic word morphed into any relentless obsession of the mind that caused suffering or passion/pathology.

### Two Kinds of Resentments

#### 1. Subtle Resentments:

These usually start quite small, more imagined than real. I call these dust bunny resentments. They begin with a word or deed from a family member, a friend, or some-

one at work and, like a strand of hair falling to the floor of my mind, it lodges in a memory corner somewhere. I review and re-analyze that hair-thin thought, and like a hair on the floor of my home, it begins to gather little fantasy dust particles around the activating thought. Before long I have turned that thought into a fuzzy, knotted clump of insanity.

For example, I see my partner smiling at a member of the opposite sex, enjoying her/himself. A tiny strand of jealous thought, like a fine hair, drops onto the floor of my mind, "They are flirting"

This may vanish immediately, but then it resurfaces and I extrapolate on the original hair-thin thought, "Maybe they like him/her more than me. They are more attractive, successful, educated... my partner hasn't laughed or acted like that around me in a long while. What if..." Before long, they are a slut and I am dumping them!

#### 2. Obvious Resentments:

Some person or situation offends me and I can't get it out of my mind. I spend hours replaying the scenario over and over. Feelings of anger, sadness, self pity, and retaliation grow. I often bottle up and shelve these festering thoughts in the basement of my subconscious mind. Tom Kenyon writes, "...an unac-

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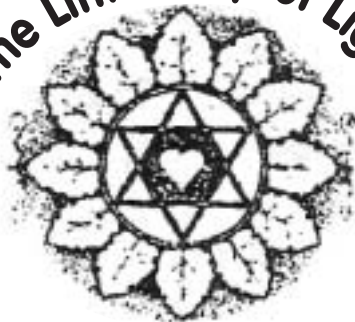


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